

# NOTICE TO PARTICIPANTS

## Spring 2022 Indoor Session

**Monday, March 14<sup>th</sup> - Friday, June 17<sup>th</sup>**

The Teaneck Recreation Department's Senior Center aims to promote safety and prevent the spread of COVID-19 through the use of health and safety protocols.

In an effort to keep the Senior Center staff and participants safe, **ALL** are **REQUIRED** to be fully vaccinated and provide **PROOF** of vaccination. Mask wearing and social distancing is **REQUIRED**.

## Registration Information

- Forms for the 2022 Spring Session will be **available** for **pick-up** starting on Monday, February 14<sup>th</sup> in the **Senior Center Lobby** (2<sup>nd</sup> floor), **outside of the Recreation Office** (1<sup>st</sup> floor), and **online** on the Township Website.  
<https://www.teanecknj.gov/senior-programs>
- Registration is for independent men and woman 55 years and over. (New/First time participants are required to call the Senior Center for additional information prior to registering).
- Classes will be limited to **2 classes per person**.
- **Registration will be by PHONE ONLY**. Please see page 4 for **Registration Call-In Schedule**.
- A printed **COPY** of your **COVID-19 Vaccine Card** showing full vaccine status is **REQUIRED** for **ALL** participants by **Friday, March 4<sup>th</sup>**. COVID-19 Card not required if previously submitted.
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED** by **Friday, March 4<sup>th</sup>**. Medical release not required if submitted within the last 12 months.
- There are **no make-up classes** due to holidays, inclement weather, special events or instructor absence.
- Non-Resident registration by PHONE only on Tuesday, March 8<sup>th</sup> between 11:00am-12:00pm to inquire of any available openings.  
**Please note: There is a nominal fee for all classes and programs.**

# Teaneck Senior Center

250 Colonial Court  
(201) 837-0171 or (201) 837-7130

## **SPRING 2022 INDOOR CLASS LINE UP** **Monday, March 14<sup>th</sup> through Friday, June 17<sup>th</sup>**

**The Center will be CLOSED for the following Municipal Holiday:**  
Friday, April 15<sup>th</sup>, Good Friday; Monday, May 30<sup>th</sup>, Memorial Day

**Registration will be by PHONE ONLY during specific dates and times for your particular classes. Please see page 4 for registration times/dates.**

**Note: Please arrive no earlier than 15 minutes prior to your class for parking and attendance.**

\*\*\*Please bring **your own fitness equipment and water bottle** for all classes.\*\*\*

<b><u>PHYSICAL FITNESS CLASSES</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>TIME</u></b>	<b><u>DAYS</u></b>
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Mondays
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Wednesdays
Folk Dancing (L2)	Jim Gold	10:30 - 11:30	Wednesdays
Lite & Gentle Exercise (L1)	Judy Sbrocco	10:30 - 11:30	Mondays
Low-Impact Exercise (L3)	Sheri McKay	1:30 - 2:30	Tuesdays
Men's Fitness (L2)	Steve Sinisi	9:15 - 10:15	Wednesdays
Men's Fitness (L2)	Steve Sinisi	12:45 - 1:30	Fridays
Osteoporosis Exercise (L1)	Judy Sbrocco	12:00 - 1:00	Mondays
Stretch Pilates (L1)	Judy Sbrocco	10:30 - 11:15	Tuesdays
Tai Chi Chuan <b>Intermediate</b> (L1)	Master Peng	12:15 - 1:15	Wednesdays
Tai Chi Chuan <b>Beginner</b> (L1)	Master Peng	1:45 - 2:45	Wednesdays
Toning & Strengthening (L2)	Sheri McKay	12:00 - 1:00	Tuesdays
Yoga <b>Introduction</b> (L1)	Martin Bland	11:00 - 12:00	Fridays
Yoga <b>Beginner</b> (L1)	Martin Bland	12:30 - 1:30	Thursdays
Yoga <b>Intermediate</b> (L1)	Martin Bland	2:00 - 3:00	Thursdays
Zumba Gold (L3)	Patty Schwartz	9:00 - 9:50	Thursdays

**Please Note: All participants are REQUIRED to be fully vaccinated. A COPY of your COVID-19 Vaccine Card is REQUIRED. Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/classes.**

**There are no make-up classes due to holidays, inclement weather, special events or instructor absence.**

<u>EDUCATIONAL CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Advanced Drawing <b>*Please bring your own supplies*</b>	Christine Friedman	10:00 - 12:00	Wednesdays
Advanced Water Color Painting <b>*Please bring your own supplies*</b>	Christine Friedman	1:00 - 3:00	Wednesdays
Clay Sculpting	Mary Martire	10:00 - 12:00	Tuesdays
Creative Writing <b>*8 weeks: 3/14 - 5/9*</b>	Joseph Mach	11:30 - 12:30	Mondays
Drama/Improvisation	Dori Persson	11:30 - 1:00	Thursdays
Quilting	Janet Allen & Judythe Burton	11:00 - 1:00	Tuesdays
Spanish Instruction <b>Beginner</b>	Kathy Glowski	11:00 - 12:00	Wednesdays
Spanish Instruction <b>Intermediate</b>	Kathy Glowski	12:30 - 1:30	Wednesdays

**WORKSHOPS OFFERED**

**Please see flyer for details on the following two Workshops.**

**Flyers are located for pick-up** in the **Senior Center Lobby** (2<sup>nd</sup> floor) and **online** on the Township Website: <https://www.teanecknj.gov/senior-programs>

**\*Workshops are not included in the 2 class maximum per person\***

<u>WORKSHOP</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Seen Any Good Movies? <b>*6 weeks: 4/4 – 5/9*</b>	Robin Brancato	11:00 - 12:15	Mondays
Art History <b>*6 weeks: 5/12 - 6/16*</b>	Michael Norris	1:00 - 3:00	Thursdays

**Professional Services**

**Holy Name Hospital Nurse on-site Monday through Friday  
Blood Pressure Screenings and Health Consultations available**

**Kathleen Powers, R.N. & Linda Lohsen R.N., B.S.N.**

IN THE EVENT OF POOR WEATHER CONDITIONS PLEASE CALL  
THE RECREATION DEPARTMENT 30 MINUTES PRIOR TO YOUR CLASS TIME TO CHECK FOR  
DELAYS OR CANCELLATIONS 201-837-0171 /201-837-7130.

**NO UNAUTHORIZED PARTICIPATION WILL BE PERMITTED**  
**THE SENIOR CENTER PROGRAMS AND CLASSES ARE FOR REGISTERED  
PARTICIPANTS ONLY. FOR SAFETY REASONS CHILDREN AND /OR  
GUESTS ARE NOT PERMITTED.**

**Resident Registration Procedures: By PHONE ONLY 201-837-0171/ 7130**

- Choose up to 2 classes from the Spring 2022 INDOOR CLASS LINE UP
- See Registration Call-In Schedule below.
- Call us ONLY on the appropriate day/ time for your class.
- Registration will be ongoing until classes are full.

**Resident Registration Call-In Schedule**

<b><u>Tuesday</u></b> <b>February 22<sup>nd</sup></b> Cardio <b>(Mon)</b> 12:30 - 1:30 pm  Low Impact 2:00 - 3:00 pm	<b><u>Wednesday</u></b> <b>February 23<sup>rd</sup></b> Lite & Gentle 12:30 - 1:30 pm  Zumba 2:00 - 3:00 pm  Creative Writing 3:30 - 4:30 pm	<b><u>Thursday</u></b> <b>February 24<sup>th</sup></b> Men's Fitness– <b>Wed/Fri</b> 12:30 - 1:30 pm  Yoga Intro 2:00 - 3:00 pm  Quilting 3:30 - 4:30 pm	<b><u>Friday</u></b> <b>February 25<sup>th</sup></b> Art History Workshop 9:30 - 10:30 pm  Movie Workshop 2:00 - 3:00 pm
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<b><u>Monday</u></b> <b>February 28<sup>th</sup></b>  Stretch Pilates 10:00 - 11:00 am  Drama 11:30 - 12:30 pm  Folk Dancing 1:00 - 2:00 pm  Spanish- <b>Beg or Int</b> 2:30 - 3:30 pm	<b><u>Tuesday</u></b> <b>March 1<sup>st</sup></b>  Yoga Interm. 10:00 - 11:00 am  Cardio <b>(Wed)</b> 11:30 - 12:30 pm  Yoga Beginner 1:00 - 2:00 pm  Tai Chi- <b>Beg or Int</b> 2:30 - 3:30 pm	<b><u>Wednesday</u></b> <b>March 2<sup>nd</sup></b>  Osteoporosis 10:00 - 11:00 am  Toning & Strength. 11: 30 - 12:30  Adv. Watercolor/ Adv. Drawing 1:00 - 2:00 pm  Clay Sculpting 2:30 - 3:30
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**Non-Resident registration** by PHONE only on Tuesday, March 8<sup>th</sup> between 11:00am-12:00pm to inquire of any available openings 201-837-0171/ 7130 .  
**Please note: There is a nominal fee for all classes and programs.**